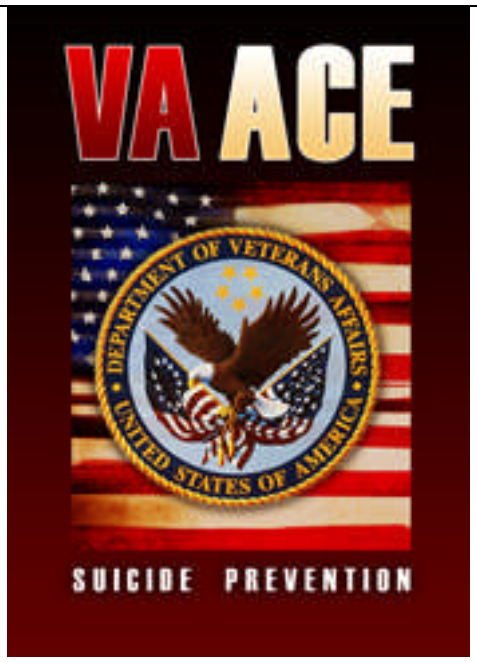
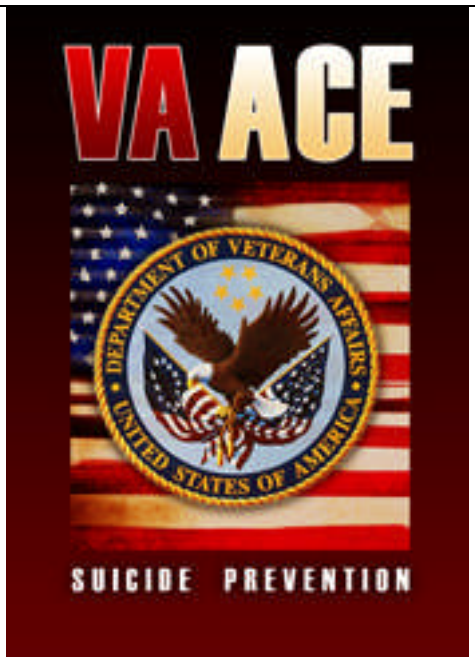
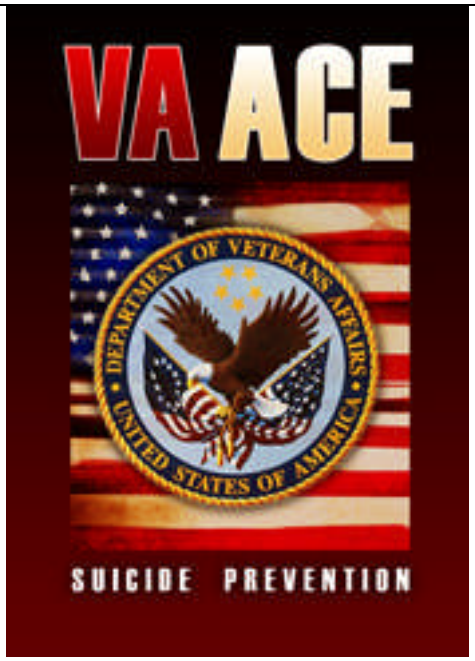

VA ACE
DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA
SUICIDE PREVENTION


VA ACE
DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA
SUICIDE PREVENTION

VA ACE
DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA
SUICIDE PREVENTION


VA ACE
DEPARTMENT OF VETERANS AFFAIRS
UNITED STATES OF AMERICA
SUICIDE PREVENTION

A

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

http://www.mentalhealth.va.gov

**VA Suicide Prevention Hotline—1 800 273 8255 (TALK)**

Press "1" for Veterans

A


A

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

http://www.mentalhealth.va.gov

**VA Suicide Prevention Hotline—1 800 273 8255 (TALK)**

Press "1" for Veterans

A


A

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

http://www.mentalhealth.va.gov

**VA Suicide Prevention Hotline—1 800 273 8255 (TALK)**

Press "1" for Veterans

A


A

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

http://www.mentalhealth.va.gov

**VA Suicide Prevention Hotline—1 800 273 8255 (TALK)**

Press "1" for Veterans

A


A

## Ask the Veteran

- Ask the question:
  - Are you thinking about killing yourself?
  - Do you think you might try to hurt yourself?
- Ask directly

## Care for the Veteran

- Remove any means that could be used for self-injury
- Stay calm and safe
- Actively listen to show understanding and produce relief

## Escort the Veteran

- Never leave the Veteran alone
- Escort to emergency room or medical clinic
- Call VA Suicide Prevention Hotline

http://www.mentalhealth.va.gov

**VA Suicide Prevention Hotline—1 800 273 8255 (TALK)**

Press "1" for Veterans